

ASFV Newsletter

Message from the President

School is back in session, fall is in the air, and ASFV is busy planning and holding more events. Thanks to everyone who helped make our Octoberfest booth a huge success! We made great community connections and talked to tons of parents and grandparents about our affiliate.

I am always encouraged by the number of emails and phone calls I get from people who want to learn more about autism, how to support their children and adults on the spectrum, or are seeking to make connections in the autism community. ASFV is planning parent/educator workshops. The information for What's After High School is inside. Please register for this event if you have a child in middle or high school.

We are also planning a Spanish version of "Did you Know? Now You Know?" This class explains resources and services for children with disabilities and special health care needs from birth through young adulthood. More information and "save the date" will be coming soon. ASFV is also planning a parent support group for our Spanish-speaking families.

As our membership grows and you are unsure of your status, please email Kelly at kbrodhagen@autismgreaterwi.org.

You are invited to join our monthly board meetings the 3rd Tuesday of every month. Please email asfvevents@autismfoxvalley.org with any questions.

Have a wonderful fall,

Diane Nackers, President

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**Autism Society of the
Fox Valley**

ASFV Golf Outing Sponsors—THANK YOU!!

The 15th annual golf outing sponsors helped make this year another fantastic success. Please patronize these businesses who support our mission for kids and families.

- ♦ Heartland Label Printing
- ♦ Valley Planing Mill
- ♦ Van Ert Electrical
- ♦ Fore-Front Mechanical
- ♦ Trigger Action Sports
- ♦ August Winter and Sons
- ♦ EZ Glide
- ♦ McCain Foods
- ♦ Old National Bank
- ♦ Shay Hendricks Family
- ♦ Neurospine Center of Wisconsin
- ♦ Kens Sports
- ♦ Weldall Mfg Inc

- ♦ Miron Construction
- ♦ ETI Converting
- ♦ Mactac
- ♦ Ferguson
- ♦ Green Bay Packaging



Are you thinking of becoming a member?

What are the benefits of your \$15 annual membership?

- * Free monthly Monkey Joe's
- * Free monthly Building for Kids
- * Free quarterly newsletters
- * Free Parent/Support Group
- * Free Parent/Educator workshops
- * Safety and conference scholarships
- * Free admission to many social and family outings

Winnebago County 4-H Horse and Pony Project—Autism Ride—Held this past July

Thank you to the horses and volunteers from the Winnebago County 4-H club. They hosted a horseback riding event for kids with autism and their siblings. Two sessions allowed for more kids to ride. The kids got to spend quality time grooming, riding and just being with these gentle horses.

The ASFV families had a wonderful time. All of the volunteers were patient, kind and supportive. Thank you for hosting this amazing event.



14th Annual Day Camp for Kids With Autism featuring the Xavier Hawks and ASFV

Thank you to all of the people responsible for another GREAT football camp. Coach Hinkens, the players, the parent volunteers and the ASFV board pulled together to create a fantastic day of football for over 60 kids this past September.

To see over 260 more pictures from the Day Camp for Kids with Autism: <https://tinyurl.com/yxgwbvvc>



Amazing Kids
Amazing Day
Forever Memories

Hangin' Out Social Group - Ages 7-13

ASFV offers social outings for kids who are 7-13 years old. If your child would like to be added to the email list to receive all of the outing updates, email: asfvevents@autismfoxvalley.org

The specific information for outings will come separately through email and/or Facebook Events for ASFV.



Teen Group Outings

The ASFV teen group is in its 9th year!! We try to hold monthly outings at a wide variety of locations. The group consists of teens 13-20 years old.

The teens should demonstrate a level of independence so they can participate in community outings without parental supervision. The teens are supervised by board

member Diane Nackers. All events are emailed to those who wish to be on the list of outings. The specific information for outings will come separately through email and /or Facebook Events for ASFV.

For more information email:
asfvevents@autismfoxvalley.org

Adult Social Outings—A-Team

ASFV's adult group is designed for young adults with ASD, 19 –29 years old, who can independently participate in social activities, and are interested in social networking.

Please email Diane at asfvevents@autismfoxvalley.org for more information.



Sensory Superstars at Building for Kids



The Building for Kids has changed the day, time, and name for this very popular free family friendly event. The third Sunday of each month is designated for Sensory Superstars—formerly Spectrum Saturday. All family members of children with autism can spend time exploring the museum at NO COST.

Join us for a lower sensory experience and special programming created especially for children on the autism spectrum.

Special programming during these events:

- October 20, 11 am – 1 pm: Take Me Out to the Ball Game with [The Miracle League](#)
- November 17, 11 am – 1 pm: Amazing Animals
- December 15, 11 am – 1 pm: Winter Senses



Monkey Joe's Playdates

Monkey Joe's playdates continue to be a popular way for families to connect while their children play. **Under new ownership—great changes coming soon!!**

Where: Monkey Joe's

1800 N Casaloma Dr, Appleton, WI 54913

When: 9 am until your child is worn out

- ASFV board member present
- Interact with other families
- FREE of charge for all ASFV members and a reduced \$5.00 for non-members.

Play Dates

October 5th

November 2nd

Dec/Jan—pending...



Inadesign Stock

ASFV Mission: The Autism Society of the Fox Valley, Inc. was established in 1989. We are a 501 (c) 3 non-profit organization serving the counties of Calumet, Fond du Lac, Outagamie, Waupaca and Winnebago. Our mission is to provide information and referral, advocacy, public awareness, education and support for individuals, families, professionals and others who support people with autism.

Parent Support Group Meetings

ASFV's monthly Parent Support Group meeting is the first Sunday of each month, from 6:00-8:00 pm. We meet at 211 E Franklin Street in downtown Appleton (just two blocks west of City Park) in the building that houses Soar Fox Cites, WisconSibs and NAMI Fox Valley.

The doors will be locked, but there is a doorbell so we'll be there plenty early to let you in. Refreshments will be provided. Parents and other caregivers will have the opportunity to get together in a relaxed, informal atmosphere to talk about everything from your personal experiences to

available resources and general education about autism.

Please mark your calendars and we hope to see many of you there!



Great Country Pumpkin Party October 24th

Great Country Pumpkin Party

Questions/Info: 920-830-3240 or greatcountrypumpkin@gmail.com

A Halloween celebration for children with special needs and their families

Come dressed in costume & trick-or-treat in our safe, accessible environment

Thursday, October 24th
4:00pm to 7:00pm

Country Inn & Suites 355 Fox River Dr Appleton	Hampton Inn 350 Fox River Dr. Appleton
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Join us for some free ghoulish games, freaky fun, and frightening food!

“What’s After High School?” Oct. 28th



TRAINING FOR FAMILIES, YOUTH AND PROVIDERS

“What’s After High School?” - Training on Transition

“What’s After High School?” is a broad overview of the transition to adult life for young adults with disabilities and special needs and includes the following topics:

- planning for the future
- the role of schools
- long-term supports
- vocational resources
- moving into adult health care
- supported decision making & guardianship
- basics of self-determination

The training is ideal for families who have children **ages 14 - 21** and providers and school staff who work with young adults with special needs. *Youth are welcome to attend.*

When: October 28, 5:45pm – 8:30pm (check-in and dinner start at 5:30)

Where: [Miron Construction](#), 1471 McMahon Dr, Neenah, WI 54956
(Park in the guest parking lot, use the main entrance and look for signs for Family Voices training session)

Cost: The training is free to participants. A light meal and a resource binder will be provided.

Sign Up: Online go to <https://wahs10-28-19.eventbrite.com>
For questions call 414-266-3188 or email serc@chw.org

**** Please register by Oct. 21 to guarantee your meal and binder! ****

This training is co-sponsored by Family Voices of Wisconsin, the Northeast Regional Center for Children and Youth with Special Health Care Needs and the Autism Society of the Fox Valley.



Does Physical Activity Have Special Benefits for People with Autism?

September 5, 2018



The pictures placed in this article are from ASFV outings. The kids really enjoy learning new things in a supportive environment. ASFV is happy to provide a wide variety of outings for our families.



Guest post by Sean Healy, author of a new meta-analysis of research on the benefits of exercise for youth who have autism. Dr. Healy is an assistant professor in the Department of Behavioral Health and Nutrition, at the University of Delaware. He conducts research on physical activity adapted to the needs of special groups.

The phrase “exercise is medicine” is a common refrain among fitness experts and health practitioners. A wealth of research gives credence to this truism. And now – thanks to a growing number of studies involving youth with autism – we can confidently say that physical activity provides them with a wide range of benefits. Jasper, a surfer in our “Surfing on the Spectrum” summer camp, takes a wave.

I recently published the results of my team’s meta-analysis of **29 studies looking at the benefits of exercise** among more than a thousand young people on the autism spectrum. In a meta-analysis, we combine the findings of multiple studies to gain a deeper and more reliable picture of a potential effect of an intervention.

Overall, we found that physical activity programs for youth with autism produced moderate to large benefits in a variety of important areas. These include improving motor skills, skill-related fitness, social functioning and muscular strength and endurance. I describe these in more detail below.

PART ONE: Exercise and autism: The wide-ranging benefits

Social skills: Our meta-analysis showed that youth who participated in physical activity programs designed for individuals with autism showed significant gains in their social and communication skills. The activities included horseback riding, various types of group play, running/jogging programs and exergaming (e.g. Nintendo Wii and other electronic games that involve physical activity).

Researchers have considered why physical activity improves social skills. When designed appropriately, physical activity programs can provide a fun, safe setting for interacting with other children. In other words, they can offer excellent opportunities for practicing social skills. In addition, activities involving animals (e.g. horseback riding) provide children with a fun way to interact nonverbally as well as verbally.

Fitness: It’s very encouraging that our analysis confirmed that youth on the spectrum significantly improved their muscular strength and endurance by participating in programs such as exergaming, aquatic exercise and horseback riding. This is particularly important as we knew from previous studies that people with autism tend to

have poorer muscular strength and endurance than is typical for their age. Strength and endurance are important for not only physical health, but also for taking advantage of social opportunities that involve physical activity including recreational sports and non-structured games.

Skill-related fitness: Many individuals with autism have lower fitness skills compared to other people. These skills include balance, body coordination, visual-motor control and other mobility skills. Here again, we were encouraged to find that many types of physical activities improve skill-related fitness for youth with autism. These activities included computer-based exergaming, jumping on a trampoline (with supervision and safety barriers), motor skill training (e.g. table tennis) and horseback riding.

Motor skills: Many kinds of physical activities – and the social opportunities they afford – require what we call “fundamental motor skills.” These basic skills include running, throwing, catching and so on. Again, our analysis showed that exercise programs significantly improved these skills among youth with autism.

Looking forward

We would like to see more research on the benefits of exercise for people on the autism spectrum and on the type and duration of activity that provides the greatest benefits. We also want to improve how we tailor and personalize physical activity programs to each participant needs and goals. Most importantly, perhaps, we need to understand how to promote lifetime physical activity for people who have autism.

Meanwhile, we hope that our encouraging findings will inspire fitness practitioners, physical-education teachers and parents to engage children, teens and adults with autism in a wide range of activities. The benefits appear to be tremendous.



PART TWO: Autism-friendly strategies for encouraging physical activity

Research and our clinical experience have helped us understand and address many autism-related barriers to enjoyable participation in physical activity.

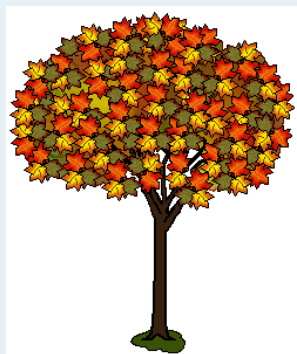
Understanding aversions. Recently I encouraged a boy with autism to play alongside his peers during recess. He replied, “**I don’t think you could design a worse place for me to be!**” I got it. I was asking him to enter a setting that was social, active, loud *and* unpredictable – all qualities he disliked.

Several issues make physical activity less appealing for many people with autism. These include poor social and motor skills, a preference for screen-based activities, and a lack of exercise partners and autism-friendly opportunities for physical activity in our communities.

The good news: We have strategies to help. Here, then, are some practical tips for encouraging regular physical activity:

1. Start small

The Centers for Disease Control and Prevention (CDC) recommends that children get at least an hour of physical activity daily. That’s good to know, but I suggest starting with a more modest goal and building from there. We’ve found that shorter periods of physical activity, spaced throughout the day, tend to be easier to maintain. Remember: The goal is to make physical activity a regular and enjoyable part of daily life. So, be patient and think long term. Here are some ways to add physical activity into a daily routine:



Walking to school (or work) – or at least some of the way.

Walking the dog (if you have one).

Turn TV advertisements into exercise breaks. I recommend a few minutes of a rigorous activity such as jumping jacks. Join your child in the fun.

Make a family trip to the playground a regular, after-dinner activity. If you can walk there, even better.

I recommend gradually expanding the amount of time spent in these and other activities – with the aim of ultimately achieving the recommended daily hour of physical activity.

2. Build motor skills

Keep in mind that your child will need to build some fundamental motor skills to successfully participate in physical activities and sports. You can make this skill-building enjoyable by playing games that encourage your child to:

Move in different ways (e.g. run, jump, hop, and skip)

Play with different types of equipment such as balls, bats and racquets (e.g. throw, catch, kick and strike).

Practicing these skills at home can foster your child's success in physical education class, while increasing the likelihood that he or she will enjoy other socially engaging physical activities such as playground games and recreational sports.

3. Sample different types of physical activity

Our analysis identified a wide range of activities that can deliver benefits. From table-tennis to swimming, from riding bikes to riding horses, there's an abundance of physical activities that you or your child can try. I suggest sampling from the menu.

Ideally, include one or more activities that encourage:

Fitness. An activity that involves moderate to vigorous activity – activity that gets a person breathing heavily.

Social interaction. An activity that involves one or more other people, such as tennis or catch.

Independence. An activity that can be done alone, such as a home fitness or yoga routine – perhaps with the help of a video.

4. Be a role model and enlist friends and family

As a parent, you are the most important role model for your child. I encourage you to model an active lifestyle for your child. **Show them the enjoyment and value you gain from being active.**

Next, consider the many people who interact with your child on a daily or weekly basis **and how might you enlist them to encourage your child's**



physical activity.

Teachers, especially physical education teachers, can be a great influence. Share your aspirations and strategies for your child. If your child has an Individualized Education Plan (IEP), be sure to include physical education goals in your IEP discussions. If possible, invite the PE teacher to attend the IEP meeting.

Also consider contacting the people who run **recreational sports programs in your community**. Some may worry that they lack the skills to engage and include someone with autism in their programs. **You may be able to give them the confidence they need by sharing your strategies for communicating, motivating, and instructing your child.**

5. Tips for making physical activities autism friendly

Here are three practical strategies commonly used in activity programs designed for youth who have autism:

Someone who understands. Ideally, we want people with autism – especially children and teens – to have access to physical activity programs led by facilitators who understand how to communicate and motivate participants in autism-friendly ways. This doesn't have to be a professional in the field of autism. It can even be a "peer tutor" – another child who understands how to communicate with your child and can provide some one-on-one support.

Get visual. Many people with autism are visual learners. Visual supports such as task cards, physical demonstrations and video modelling often prove very helpful.





*130 Patriot Drive
Little Chute, WI 54140*

is pleased to offer an

Autism Friendly Therapy Swim

- Wednesdays from 4:00PM until 7:00PM.
- Passes are \$5.00+tax per person (Therapy Assistants swim for free.)
- Includes **FREE** access to the Poolside Room.
- Attendees are welcome to bring their own food and beverages, but food, glass, and alcoholic beverages are not permitted in the pool area for safety and sanitation reasons.
- Personal Floatation Devices and select pool toys are permitted.
- Restrooms with showers are provided in the pool area and personal care items are available at the Front Desk.
- Pool towels are provided as a courtesy, but may not be comfortable for individuals with certain sensitivities so we ask that you please plan accordingly.
- Our Pool Attendants have been trained in CPR and how to effectively render assistance to individuals on the autism spectrum.
- Attendees must abide by posted rules.
- All attendees swim at their own risk, but we will do our very best to keep everyone safe.
- Out of respect to the attendees music will be played at the lowest volume level possible or muted out and entry to the pool area will be limited to those affiliated with your group only.



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Dear Autism Society Affiliates, Families, and Friends,

I am so pleased to announce that the bill to reauthorize the Autism CARES Act (HR 1058) unanimously passed the Senate yesterday. The next step is for the President to sign it and we expect he will do so soon.

If the law had not been reauthorized by September 30th, many of the activities authorized by the law would have ended.

I want to personally thank all of you for your efforts to call, write, and visit with your Members of Congress to educate them about the need to continue the activities authorized by this law. In the last three months, we collectively wrote almost 1,000 emails on this issue using the Autism Society's online Action Center! Many of you came to our Hill Visits and spoke directly with your Members of Congress about this bill. These efforts absolutely helped to move this bill forward.

Please see the [Autism Society's Press release](#) and feel free to share or create your own.

Please also see the statements of the key sponsors:

[Senator Menendez](#)
[Senator Enzi](#)

[Representative Doyle](#)

[Representative Chris Smith](#)

Please take a moment to thank your Members of Congress for their support of this important law.

Thank you again for your help! We appreciate every advocate, partner, autism & disability organizations, and Members of Congress that worked together to pass this bill. Advocacy works!

Best,

Kim Musheno

Vice President of Public Policy



Beyond Behaviors

UNDERSTANDING & SUPPORTING THE
MENTAL HEALTH NEEDS OF AUTISTIC INDIVIDUALS

Presented by

Sharon Hammer, MS, LPC and Lisa Hoeme, MS, LPC

Mental health concerns are common for individuals on the autism spectrum, yet their struggles in this area often go overlooked and untreated. In this training, we will explore what individuals with autism share about their experiences and the impact living with autism has on their mental health and well-being. We will explore the myths and realities of autism and mental health, with a focus on building understanding around the complexities of how these two areas intersect for individuals. This training will provide specific resources for those looking to learn more about the complexity of helping a person manage multiple conditions, particularly for those on the autism spectrum. This training is designed for individuals on the spectrum, parents, teachers, and other professionals that work to support the mental health of autistic individuals.

Back by popular demand, this workshop will be similar to last year's November conference, with updated information and a focus on providing information for individual's on the spectrum, their parents, families, and support staff.



**Osthoff Resort
Elkhart Lake, WI**



**October 17, 2019
9 AM - 4 PM**



**Member - \$100
Non-member - \$125
Person w/ ASD - \$50**

Registration to attend is now open!
www.autismgreaterwi.org

A FUNDRAISER BENEFITING:
COVEY

Uniquely Boo

IT'S A HALLOWEEN DANCE ON...

Friday, October 18th, 2019

6:00 - 9:00 PM

@

**Webster Stanley Middle School
915 Hazel St, Oshkosh, WI 54901**

\$7

**ADMISSION
PER PERSON**



Games, food, etc.
available at
ADDITIONAL
costs

*** **OR** \$6 ADMISSION/PERSON when each
person brings in a non-perishable food
item and/or a school supply item ***
max of \$1 off per admission

*Admission includes one slice of pizza and a drink -OR- a
hotdog, chips and a drink

This is a family event: if you are under the age of 14, you need to be accompanied by an adult!



ASFV Safety Scholarships Available

The Autism Society of the Fox Valley offers three (3) safety scholarships—up to \$250 each. Families who need assistance purchasing additional locks, alarms, fence gates, or anything to help ensure safety measures can be taken for your child can apply.

Just send a short letter explaining what your needs are and the expense you expect to incur. The ASFV board will vote on your request at the next board meeting. You will then be notified via email or mail. If your scholarship is approved, provide a receipt and you will be reimbursed for up to \$250. You must be a member of the Autism Society of the Fox Valley to be considered.

Send the email to: info@autismfoxvalley.org and in the subject line write "ASFV Safety Scholarship". You may also send a letter to ASFV, PO Box 266 Little Chute WI 54140.



Website: www.autismfoxvalley.org

New email: info@autismfoxvalley.org

All social outings: asfvevents@autismfoxvalley.org

New way to support ASFV



<http://www.huterra.com/>

HuTerra empowers nonprofits, supporters, and businesses to create a positive social impact when they partner for the greater good. By offering collaborative consumer-driven fundraising programs, everyone can work together to increase local spending, engage supporters, fund hometown causes, and collectively build a stronger community for all.





Date of Application _____

Name _____ Email _____

Street Address _____

City, State, Zip _____ Phone () _____

The Autism Society of Wisconsin (ASW) serves **53 counties** in Wisconsin. We share membership with our 5 local Autism Society affiliates listed below. By choosing a local affiliate below, you will join both the Autism Society of Wisconsin and the local affiliate. If there is no local affiliate serving your county, leave this section blank.

___ Autism Society of the Fox Valley (ASFV)

Outagamie, Winnebago, Calumet, Fond du Lac and Waupaca Counties

___ Autism Society of the Lakeshore (ASL)

Manitowoc, Sheboygan, Calumet, Kewaunee and Door Counties

___ Autism Society of Northeast Wisconsin (ASNEW)-

Brown, Shawano, Oconto, Florence, Menomonie and Marinette Counties

___ Autism Society of Central Wisconsin (ASCW)

Clark, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Taylor and Wood Counties.

___ Autism Society of Chippewa Valley (ASCV)

Sawyer, Polk, Barron, Rusk, St. Croix, Dunn, Chippewa, Pierce, Pepin, Eau Claire, Buffalo, Trempealeau and Jackson Counties.

MEMBERSHIP CATEGORIES: ___ Individual (\$12) ___ Family (\$15) ___ New Member ___ Renewing Member

BILLING: ___ Bill my Master Card/VISA Card # _____ Exp Date _____

Authorized Signature _____ CVV (3 digit code on the back) ___

___ Check enclosed: Check # _____

Additional contribution (tax deductible).

___ \$25 ___ \$50 ___ \$100 ___ \$ (Other)

Please send your completed membership form and payment to:

Autism Society of Wisconsin | 1477 Kenwood Drive | Menasha, WI 54952

Fax (920) 558-4611

If you have questions, email ASW at asw@asw4autism.org or call 888-428-8476.

For office use only

Date Rec'd _____

Check # _____

Amount \$ _____

Autism Society of the Fox Valley

PO Box 266
Little Chute, WI 54140
(920) 888-428-8476

Email:
info@autismfoxvalley.org

ASFV Board Members

Diane Nackers—President
Ann Olson—Vice President
Bob Olson—Treasurer
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Kristin Wahl
Chad Leder
Andy Teska
Ben Marks
John Oehler
Dale Bushman

Newsletter Submissions

Articles of interest, stories/poetry of persons with autism, book reviews and upcoming conferences or workshops are accepted. Submissions can be sent to: Diane Nackers, 8042 Sequaro Ct, Neenah WI 54956 email: bnack5@gmail.com.

Submission deadlines are November 30, February 28, May 15, and August 15. Responsibility for accuracy of information remains that of the author of the article.

Articles from this publication may be reprinted, giving credit to the author and ASFV. The ASFV Editorial Review Board reserves the right to edit or refuse submissions.



**Thank you to the Twombly family for
your generous donation!!**



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